



Instructor: Peggy Kubala

Guard Start

The City of Sumter Aquatics Center will offer a Guard Start :Lifeguarding tomorrow class for individuals ages 11years-14.years. Students must have good swimming skills including knowledge of front crawl. In this class your objectives will include Prevention, Fitness, Response, Leadership and Professionalism. This program will provide a foundation. of Aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross Lifeguard Training Course.

A swim test is **REQUIRED**
for all who want to take
this class

Classes Start June 8,2010 They
will be ongoing throughout the
summer.

Cost is \$35
per person

Class Times Are
11am~1:00pm



Name_____

Address_____

Phone () _____ Alt Phone() _____

DOB _____M _____ F _____

Amount Paid_____ Check #_____

Lined Swim Suits Required For All Swimmers

For more information call : 774-3998

Name: _____

Address: _____

Phone: (____) ____ - _____ Alternate Phone: (____) ____ - _____ DOB: __/__/__

Life Guard

4:00 - 6:00 PM Session # 1 2 3 4 5 6 7

Amount Paid : _____

Check # _____

Release: I (we) hereby release the City of Sumter from any and all responsibility for accidents or losses incurred while taking swimming lessons.

Signature of participant / parent or legal guardian if under 18